

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 capsule daily, with a meal.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

TRAACS™ is a trademark of Albion Laboratories, Inc.



Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.



Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org

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O.N.E.TM Multivitamin

*Once-daily Nutrient Essentials with sustained release CoQ10; Multivitamin/mineral formula for daily wellness**

Gluten-free, Non-GMO
& Hypoallergenic

Dietary Supplement
30 CAPSULES

Supplement Facts

Serving size 1 capsule
Servings per container 30

	Amount Per Serving	%DV
Vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg	125%
Vitamin C (as ascorbic acid)	180 mg	200%
Vitamin D (as cholecalciferol) (D ₃)	50 mcg (2,000 IU)	250%
Vitamin E (as d-alpha tocopherol succinate)	20 mg	134%
Thiamin (as thiamin HCl) (B ₁)	3 mg	250%
Riboflavin (as vitamin B ₂ and 43% riboflavin 5' phosphate (activated B ₂))	3 mg	231%
Niacin (as niacinamide)	20 mg	125%
Vitamin B ₆ (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B ₆))	4 mg	235%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	20,833%
Biotin	300 mcg	1,000%

Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg	200%
Choline (as choline bitartrate)	25 mg	5%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc citrate)	25 mg	227%
Selenium (as selenomethionine)	70 mcg	127%
Manganese (as manganese citrate)	2 mg	87%
Chromium (as chromium polynicotinate)	200 mcg	571%
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	75 mcg	167%
Boron (as boron glycinate)	1 mg	*
Inositol	25 mg	*
Coenzyme Q ₁₀ (as CoQ ₁₀ and as 18% from sustained-release MicroActive® Q ₁₀ -cyclodextrin complex)	50 mg	*
Alpha lipoic acid	50 mg	*
FloraGLO® lutein	3 mg	*
Zeaxanthin	500 mcg	*
Lycopene	500 mcg	*

* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, potato starch
Product may have a mottled appearance.



ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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code: ONE3

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